



HealthQuest

Wellness Champion Network Monthly Webinar

Thursday, May 12th - 11:00-11:45 am

Agenda

- ❖ **Welcome New Champions!**
- ❖ **Leadership Development**
 - ❖ *With Special Guest Jack Bastable*
- ❖ **"EAT MOVE SLEEP" Challenge – Starts Monday, May 2nd, 2016**
- ❖ **Focus Group Updates**
 - ❖ *Food*
 - ❖ *Work/Life/Energy*
- ❖ **April HQ Seminar**
- ❖ **April EAP Webinar**
- ❖ **World No Tobacco Day – May 31st, 2016**

Welcome New Wellness Champions!!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

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Think Like an



Entrepreneur

What does being an entrepreneur have to do with being a leader and wellness champion?



Think Like an Entrepreneur

It helps to remember that all of this once came naturally to us.

All of us are born with the ability to take risks, think creatively and challenge the everyday way of doing things. And as hokey as this can sound, we would all do well to tap into those traits in both our lives and our careers, whether we work for ourselves or not.



Think Like an Entrepreneur

Sure, everybody knows on some level that it's good to try new things and look at the world from a fresh perspective. But we don't often live that way. So it's important to remind ourselves from time to time that we have much to gain by taking on that challenge.

What holds us back? Fear of disapproval?



Think Like an Entrepreneur

- 1. Challenge assumptions in our work and in our life**
- 2. It's never too late to try something new- Ray Kroc, Abraham Maslow**
- 3. Practice doing something risky everyday; new restaurant, kayaking lesson, new board game**
- 4. Take a free course on line**



Resources

What Entrepreneurship Can Teach Us About Life

<http://www.wsj.com/articles/what-entrepreneurship-can-teach-us-about-life-1462155387>

The Creators Code- Amy Wilkinson

https://books.google.com/books/about/The_Creator_s_Code.html?id=DcwNBAAAQBAJ&printsec=frontcover&source=kp_read_button&hl=en#v=onepage&q&f=false



“EAT MOVE SLEEP” Challenge

Eat Move Sleep Challenge
May 2 - May 27, 2016

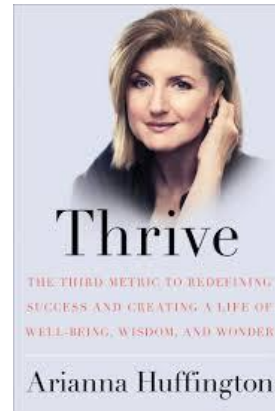


<p>1</p> <p>Eat a serving of vegetables</p> <p>1 point per serving/ max 3 points daily</p>	<p>2</p> <p>Eat a serving of fruit</p> <p>1 point per serving/ max 2 points daily</p>	<p>3</p> <p>Eat a serving of whole grains</p> <p>1 point per serving/ max 2 points daily</p>	<p>4</p> <p>Exercise 30 minutes or more</p>	<p>5</p> <p>Sleep at least 7 hours per night</p>
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EAT MOVE SLEEP

• 4 week challenge focused on nutrition, physical activity, and adequate rest.

Focus Group Updates



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May 2016 Seminar Available on the Portal 5/1/16

[Library](#) > [Tools](#) > [Seminars](#) >

Lowering Stroke Risk

Seminar - 1 Credit Last Reviewed: 05/01/2016 - 👍 25

Too young to have a stroke? Think again. While 75% of strokes happen to people 65 and older, strokes can and do happen to younger people. Learn the lifestyle choices that minimize your risk of stroke and how to recognize the signs using F.A.S.T. Print out this [handout](#) to help you follow along. [Transcript](#)

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May 2016 EAP Webinar

Thursday, May 26th, 2016, 3:00 p.m.

Letting Go of the Things that Hold You Back

“Living the Good Life!” How often have we heard that statement?

Usually its meaning is about happiness, health and satisfaction within our lives. In this session we'll discuss what's needed to accomplish “the good life”: what to bring along on life's journey, what to leave behind, what to acquire along the way.

Register at:

<https://attendee.gotowebinar.com/register/1939444326107098371>

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World No Tobacco Day – May 31st



Quit For Life Program



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Thank You for Joining Today's Meeting!!

Next Meeting is **Thursday, June 9th**

✓ 11:00-11:45 am

Secret Question:

Open Questions/Comments

